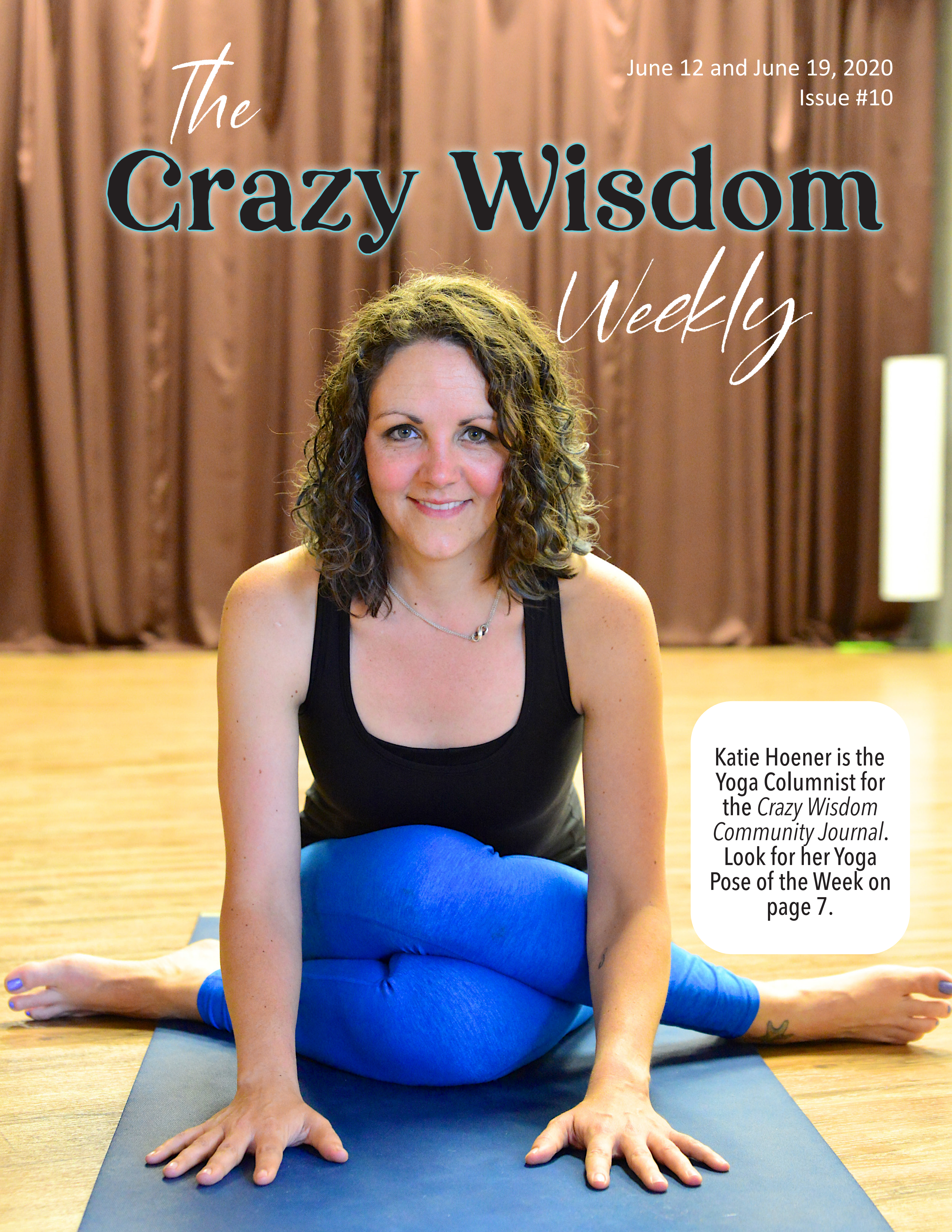
June 12 and June 19, 2020
Issue #10

The Crazy Wisdom Weekly



Katie Hoener is the Yoga Columnist for the *Crazy Wisdom Community Journal*. Look for her Yoga Pose of the Week on page 7.

shining a light in the dark
Published by the Crazy Wisdom Community Journal during the Pandemic.

The Crazy Wisdom Weekly

A Letter From Our Editor

I'm growing heavy.

I don't mean I've put a bunch of weight on during my coronacation (not that I haven't put on a little weight, I'm just not going to talk about it), I mean my heart has grown heavy and tired.

I have striven each week to bring our readers something to look forward to, a place where some of you have expressed your own thoughts, and shared your lives with us, a place to stay connected—but, I need a short break.

With this in mind, the 11th issue of the *Crazy Wisdom Weekly* will publish on June 26th. Please continue to send in your writings, art, essays, and calendar listings, and encourage others to do so as well. I look forward to reading and seeing everything our Crazy Wisdom community is up to.

For me, this time will be spent in the garden, in the sun, with my art supplies, and more than likely in Texas where my parents are in need of some help. I'll see you on the other side!

Jennifer Carson

You can visit Jenn online here.

Table of Contents

Word of the Week ....page 4

Meditation and Covid-19..............................page 5
By Erica Dutton

5 Questions for Dori Durbin,
Artist and Author...page 6

Yoga Pose of the Week.................................page 7
with Katie Hoener

From Our Blog..page 7
By Jody Tull

Before the Angels Came Back........................page 9
by Sibel Ozer

Crazy Wisdom Book Picks of the Week.........page 10
By Sarah Newland

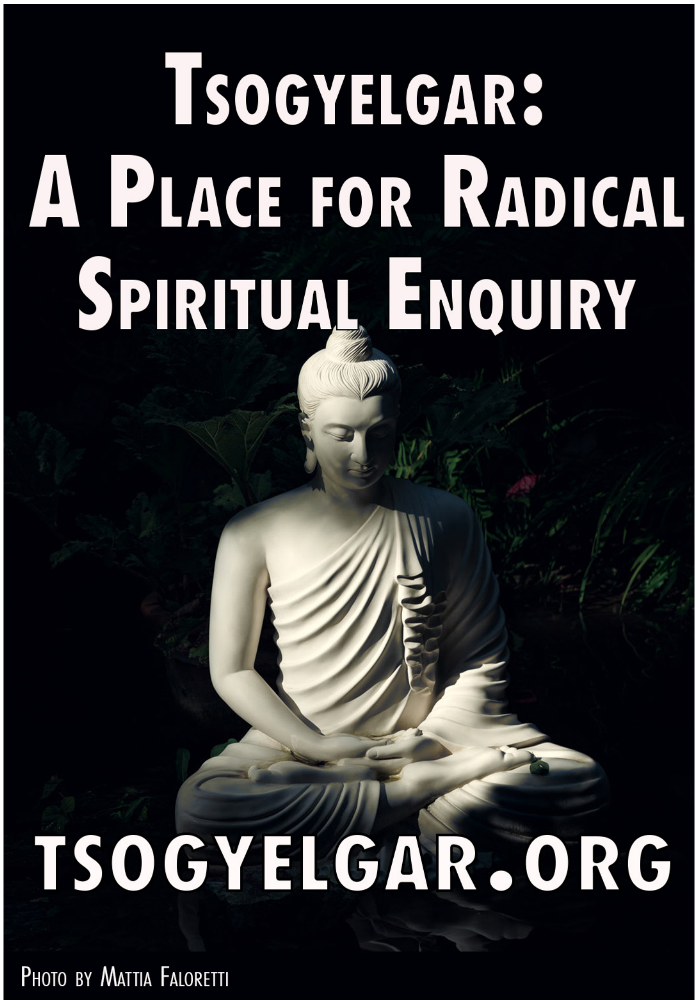
Crazy Wisdom Weekly Calendar...................page 11

What's Up in Our Community.......................page 12
with David Stouffer

Local Music and Online Concerts..................page 13
with Jo Serrapere

Comfort Food..page 13
By Angela Madaras

Developing a Morning Form........................page 14
By Austeen Freeman



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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

Erica Dutton
David Stouffer
Jody Tull
Austeen Freeman
Angela Madaras
Sibel Ozer
Dori Durbin
Carolyn Abrams
Katie Hoener
Jo Serrapere
Sarah Newland
Jennifer Carson
Bill Zirinsky

Word of the week:

Stellar

Being or relating to or resembling or emanating from stars.

Because of Covid-19, we didn't publish our usual springtime *Crazy Wisdom Community Community Journal* in mid-April. We will publish our fall issue on schedule. In the meantime, we thought we'd create a weekly online version—short, and lively, and perhaps a mild distraction for our local and regional readership. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, favorite places for socially distant walks, news of your dogs, whatever. Send your submission to Jennifer@crazywisdom.net.

By Erica Dutton

In this unprecedented time of covid-19 and shelter in place, stress levels are very high. I've alternated feeling like my house is closing in on me and feeling freedom from the obligations of the outside world. I'm sure you have had similar experiences. Now we are trying to figure out how to slowly and carefully re-open. We've never gone through this before; this is all new. I've found that increasing my meditation times has helped tremendously, as well as talking with friends and family about my experience. Here are some helpful hints:

1. If you have a meditation practice, continue it or try Reflective Meditation as described below. The choice is yours. You may change the focus of your meditation at any time.

2. Choose a comfortable position that you can hold for a period of time.

3. Let your thoughts, feelings, and sensations move, holding your body relatively still. Whatever arises is fine, nothing is inherently taboo. Let your attention go where it is drawn.

4. If you feel overwhelmed at any point you can open your eyes, bring your focus to any object (your body, the breath, a phrase, or a picture), or get up and move around.

5. At the end of the meditation session, reflect back upon your experience by writing it down or simply recalling it.

6. If possible, share your experience with someone else.

This is a more open, receptive practice than others, but you can do any practice you want and add #5 & 6 at the end of the meditation. Take notice in the reflection time of what actually happened, any emotions, feelings, sounds, visual images, or body sensations you experienced along with thoughts, attitudes, reactions, and perceptions. You can ask yourself questions such as: Was there a theme to my sitting? How did I feel about my meditation when it was over? Was there anything that surprised me or was curious or interesting? "Flesh out" the reflection of your sitting by asking about sounds, smells, visual images, memories, body sensations, or thoughts that were in the sitting.

Insights don't necessarily come from each sitting, but over time you'll learn things about yourself. Habits and patterns become clearer and you begin to see what is helpful and what is hurtful. Be as gentle with yourself as possible during your exploration. It's hard to learn anything if you're harsh with yourself.

Sometimes covid-19 doesn't come into my sitting at all; other times it preoccupies my entire sitting. Fear, anger, vulnerability, sadness, helplessness, and worry are all part of this experience. Sometimes I feel well defended against these feelings, but I know they're lurking below the surface. I am grateful for the break from the stress of living with a virus we have no immunity to.

My son-in-law had covid-19 and he was very sick for three weeks and then entered a long recovery process. I was worried he'd have to be hospitalized or that my daughter or my three grandchildren would get sick. I was prepared to move into their house to help if necessary and worried for my own high-risk status. For those of you who lost family and friends, my heart goes out to you. All I can say is be as gentle as you can with yourself and others. We need each other more than ever. You, in particular, are going through a difficult grieving process, but the rest of us are going through some version of it, too. We've all lost the security and safety we used to have. Nothing seems like the 'right' course, there is so much unknown now. Our lives are turned upside down. Use all your available resources to get through this time including keeping in touch with family and friends, neighbors, nature, music, and your deepest self.

Erica Dutton has meditated for 30 years and been teaching for over 10 years. She offers instruction, guidance, and consultation. For more information you can reach her at eld0306@yahoo.com or on Facebook at SkyGardensMeditation.

5 Questions for Artist and Author Dori Durbin

When did you first realize you were a storyteller/writer?

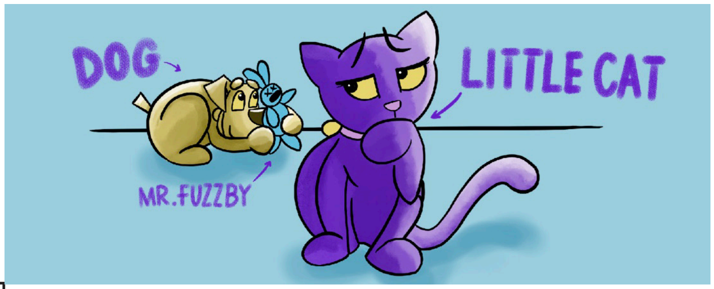
Even as a grade school student one of my favorite things was drawing pictures (mostly of cats) and writing something about them. So many ideas were written on scrap sheets or as doodles along the edges of homework notes. I think doodle notes are on my sticky notes and books now, too. My first real validation as a writer was when my "tough-as-nails" creative writing teacher actually *liked* and was surprised by my story... and more than once. She encouraged me to write more and attempt competitions. That was when I really felt more confidence in my words and began playing with figurative language and story structures.

What is it that you love about stories?

My favorite thing about stories? I love stories where I can get utterly lost in the book's fictional world— so lost that I can hear character's voices, see their expressive faces, feel the environment, and can barely hear the outside world around me. Love that!

What was one of the most surprising things you learned about yourself when creating your latest book?

From the book end of things, I was surprised by how very little I knew about book publishing. I had a lot to learn and had given myself public deadlines to meet. I got it done, but that was a lesson learned. Personally, I thought I'd feel a huge sense of satisfaction just completing the book, but honestly, it was nothing compared to seeing kids laugh and enjoy my story. That brought me so much more pleasure than I ever imagined!

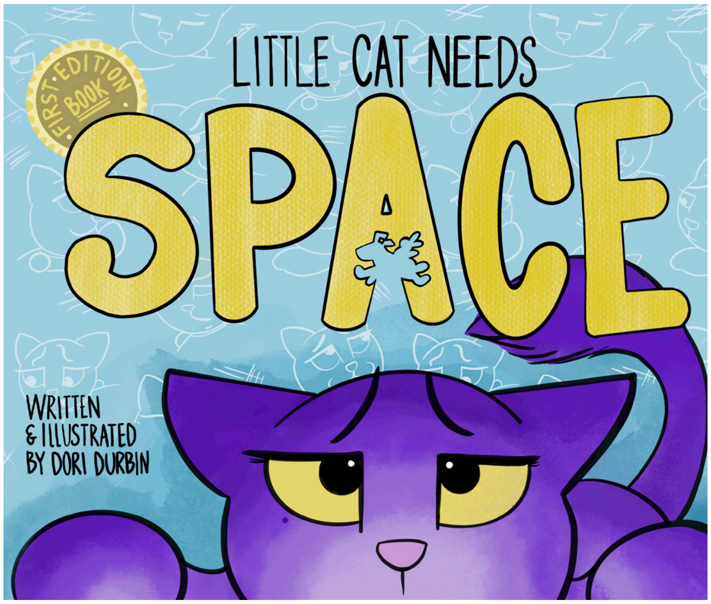


What inspired you to write Cat Needs Space?

"Little Cat Needs Space" was written after taking several classes online. I had a burning desire to create something enjoyable and fun. Then one day while observing our Great Dane and chunky black cat cuddling, fighting, and then chasing I came up with the idea. The book is about needing space—personal space—and having a voice to ask for it in a kind way. Ironically, a week later came the Covid19 stay home order.

When you were a child, what did you want to grow up to be?

I always wanted to be a veterinarian or a doctor. I would doctor up stuffed animal friends and even was Pre-Med entering college. I just didn't know then I would be "fixing up" books about a little cat now!



Dori Durbin lives in Onsted with her family and is a personal trainer. You can learn more about Dori, Dog, and little cat on her website Doridurbin.com.

Yoga Pose of the Week

By Katie Hoener

Balance is a tricky thing and is connected so highly with the sixth chakra, the third eye, as it often draws us into an incredible amount of focus. For some of us, finding that alignment and balance is a more natural space, while for others, we draw on that deep focus. For all of us balance can shift from moment to moment, from side to side, and certainly from day to day. There is no telling when we begin our journey into balance what the outcome will be!

The Bhagavad Gita, one of our foundational Yogic texts, states, "Action alone is the province, never the fruits thereof; let not the motivation be the fruit of the action, nor should thou desire to avoid action" (2.47). Most of us would break this down as needing to let go of the results. Balance postures are one of the greatest places to challenge the ego on the notion of finding our fit rather than moving toward a particular outcome.

All balance postures have an incremental nature to them. For example, Nataranjasana or Dancer's Pose, can be taken through a number of steps. One can start by tracing the toes out behind them, leaving the toes on the mat. Or, if it feels right, we can find the foot with the hand. The grounded leg should remain strong and soft, checking that we are not locking the knee. If it feels right, and the body is ready, let the foot float up to the hand and hold that space. We can continue by leading with the heart and moving the heart forward until we find that space where we are challenged and secure, steady and comfortable.

Katie Hoener is an RYT 500, receiving her 200 and 500 hour trainings. She is also a Licensed Master Social Worker. She is a partner at Verapose Yoga in Dexter. Please send your own yoga questions to Katie@veraposeyoga.com.

From Our Blog

Yoga and the Art of Visiting

By Jody Tull

Visiting. Sitting together for hours; not doing anything, just being. This month we made another road trip Down South, to see friends, relatives, and business partners, people we've come to love more with every visit. The furthest point of our trip was Clintwood, the seat of Clay County, VA. My grandparents made their living in Clintwood during its glory days, when coal was king. They ran the first funeral home for miles around, and they were so successful that they were able to sell up and retire in their fifties. They then proceeded to enjoy themselves thoroughly, wheeling and dealing in the colorful world of real estate and Appalachian mineral rights.

As a child, I spent many summers with them, living in the log cabin they bought in North Carolina. Days would go by when nothing much happened, and then a long phone call would be made one evening, a deal would be planned, and the next day we would all get in the car and go on a long journey. We drove up to plantation-style houses, and met Southern gentlemen and gentlewomen, who were unfailingly gracious and kind. We did our deals, and we visited. Sometimes there was music to share—Grandfather loved to sing—and sometimes there were stories. Most of all, there was a value placed on being together, with no particular agenda and no reason to be someplace else. Research has proved the value of yoga, meditation, and relaxing the mind. The constant busyness of life puts the body in a continuous state of "fight or flight"—inhibiting its natural healing rhythms. The same core principle can be seen in the slow, measured lifestyle of the Old South, where hard work is punctuated by periods of rest, relaxation, and enjoyment—being together for its own sake.

My grandparents are long gone, but the memories remain. On our last trip Down South, we went to see Jean and Margie, the last of their cousins. There they were, sitting out on the veranda, a deck of cards on the table, simply visiting. Other family members dropped by, just like last time, and it felt as if we had all the time in the world. Not doing anything, just being. We found the same gracious, unhurried way of life everywhere we went on that trip, from Lexington, KY, to Black Mountain, NC, and round the remote, wooded hillsides of Clay County, where some of their properties are still to be found.

There was something here that I really liked, and I struggled to give it a name. Eventually I decided to call it "The Art of Visiting".

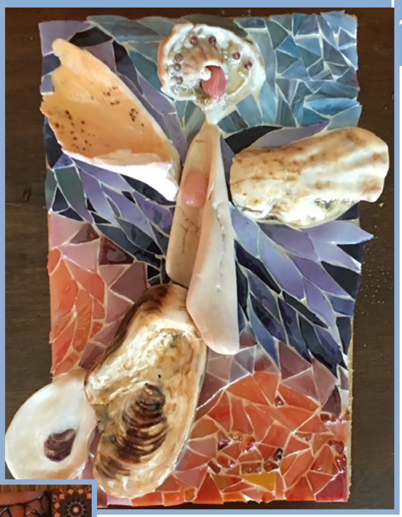
Jody wrote this blog for us in the summer of 2014 when traveling, visiting, and hugs were still the norm.

Read more about the Art of Visiting on our Blog.

Artwork by Carolyn Abrams. See more of her work online at her website carolynabrams.com

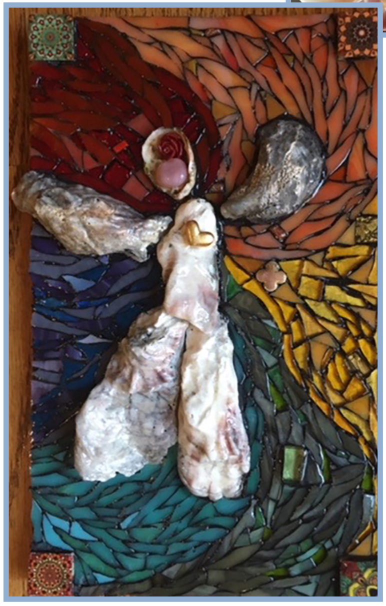
Before the Angels Came Back

By Sibel Ozer



Ever since I came upon the Art of Allowing, a painting fever has gotten hold of me and my creativity gets used up at my painting studio. There is only so much time in a day! Since I've been working from home due to the pandemic, I started revisiting my mosaic studio.

I wanted to create a fall tree to complete my *Seasons of Michigan* series for a while, so that's where I started. This little piece was followed by a couple of others before the angels came back.



I had blogged about the angels I create using shells gathered during Florida vacations before; they seem to have something different to say each time. (Read it here!)

This time around they have been inviting me to ponder the angels among us. Not necessarily the heroes who save lives risking their own lives, but ordinary people who lift up the spirits of other ordinary people by simple acts of kindness. They are inviting me to ponder the powerful medicine of ordinary friendship.

This time around they have been inviting me to ponder the angels among us. Not necessarily the heroes who save lives risking their own lives, but ordinary people who lift up the spirits of other ordinary people by simple acts of kindness.

I had posted images of my angels on Facebook and an old friend from when we lived in Louisville, Kentucky responded. I thought how she had been an angel to me in connecting me to her friends, and how one of those connections ended up being a lifesaver during our time there. It was probably the hardest year of my life because I was unable to work or to continue school, and my creativity was in its infancy and therefore not a sufficient outlet yet. What to them might have felt like ordinary friendship ended up being my saving grace.

I've always loved that MasterCard commercial that lists a bunch of gift items with their respective prices, and then shows an emotional scene of family, friendship, and caring—explaining that certain gifts are simply *priceless*.

A friend from high school is at the final stages of battling cancer, and a group of us got together to shower her with uplifting daily messages, shares, and little gifts hoping to give her a smile. Also, secretly hoping and praying for a miracle. I was thinking how she is more of an angel to us then we are to her in how she reconnected us, and generated such love and caring in all of us. How priceless friendship is.

An Art of Allowing friend graciously added her angel painting to my blog. Together they are reminding us that: *We are each of us angels with only one wing and we can only fly by embracing each other*.

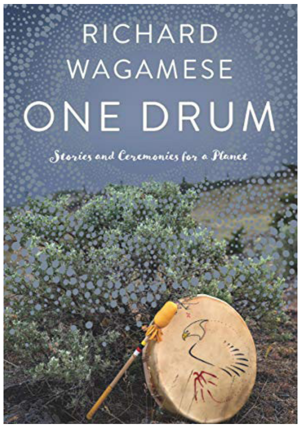
Crazy Wisdom Book Picks of the Week

So many awesome titles have come out while the country was sheltering in place. Here are a few Crazy Wisdom staff wanted to highlight!

Submitted by Sarah Newland

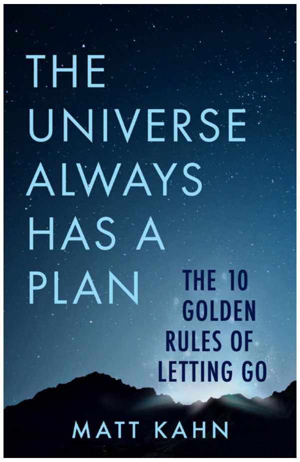
One Drum by Richard Wagamese

One Drum welcomes readers to unite in ceremony to heal themselves and bring harmony to their lives and communities. *One Drum* draws from the foundational teachings of Ojibway tradition, the Grandfather Teachings. Focusing specifically on the lessons of humility, respect and courage, the volume contains simple ceremonies that anyone anywhere can do, alone or in a group, to foster harmony and connection. Wagamese believed that there is a shaman in each of us, and we are all teachers and in the world of the spirit there is no right way or wrong way.



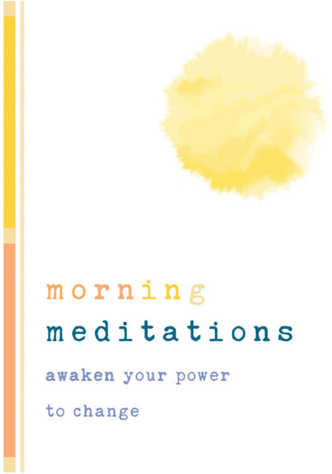
The Universe Always Has a Plan by Matt Kahn

Do you feel an insatiable drive to fulfill a mission greater than yourself? To be reacquainted with a long-lost desire to follow the excitement of passion, inspiration, and playfulness? Have you reached a turning point in your reality? In this powerful work, spiritual teacher and intuitive Matt Kahn explores the 10 Golden Rules for emotional freedom—divinely curated and practical to the demands of everyday life. Infused into each rule is Matt's loving, heart-centered perspective, to help guide you through your own profound spiritual transformation.



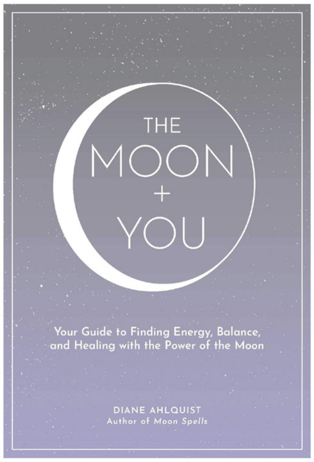
Morning Meditations

Morning Meditations is filled with more than 150 bite-sized entries about some of life's most important questions about the nature of change, stress, mindfulness, gratitude, relationships, self-esteem, and health. Carefully curated from the writings of some of the world's leading mental health practitioners, the passages offer insight and comfort, as well as prompts for further thought.



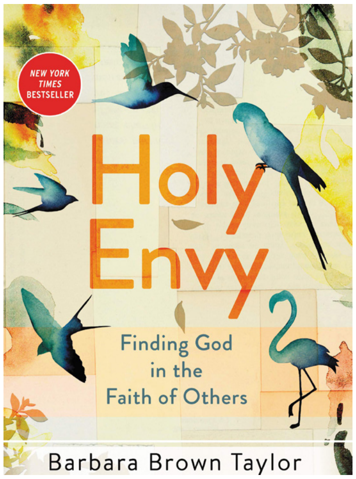
The Moon & You by Diane Ahlquist

This lunar-inspired guide to self-care provides the tools to create a wellness routine based around the moon's phases, with information on moon meditations, moon-friendly foods, moon-related beauty products, and more!



Holy Envy by Barbara Brown Taylor

The renowned and beloved New York Times bestselling author of An Altar in the World and Learning to Walk in the Dark recounts her moving discoveries of finding the sacred in unexpected places while teaching the world's religions to undergraduates in rural Georgia, revealing how God delights in confounding our expectations.



Find all these titles at shopcrazywisdom.com

The Crazy Wisdom weekly Calendar

Health and Wellness

Ann Arbor Death Cafe with Merilynne Rush & Diana Cramer • June 20 • 10:30 a.m. • Join us on Zoom to eat cake, drink tea, and talk about death! We will start in small groups then share in large group discussion. All adults welcome. Find more information at DeathCafe.com or email thedyingyear@gmail.com to receive the zoom link.

Online Workshops

Cannabis Home-Grow Webinar with DJ Short • June 13 • 4:20 p.m. • Join world famous cannabis geneticist, DJ Short, for an online webinar on cannabis home-grow. Now more than even, it is important to be self sufficient and here is an opportunity to learn how to grow your own medicine! We will also be gathering donations for the Prison Creative Arts Project during this live stream event! Tune in on Om of Medicine's Facebook page! For more information contact Lisa Conine at 517-614-5881 or email lisa@omofmedicine.org.

Mystery Revealed: The Truth about Chakras with Symmetry Biofield Therapy • June 13 • 6 p.m. • Chakra is a word that is frequently used in alternative medicine circles. But what are the chakras, and why should you care? In this online class you will learn the location, function, number, as well as many other chakra aspects. Whether you are new to alternative medicine or a long-time energy practitioner you will benefit from this informative presentation. To learn more visit Symmetry Biofield Therapy online.

Understanding OurSelves and the Way Forward with SevaLight Retreat Centre for Self-Realization, Pure Meditation, Healing & Counseling • June 13 • 6 p.m • Are you searching to find meaning in what's happening? Looking for ways to keep from getting caught in the emotion, conflict, negativity, and fear? Looking for ways to make lasting changes? Want to help bring more positivity and Light to yourself and the world? Join us to look at all these and learn simple techniques that take moments to use that can help you to be more yourSelf no matter what's happening. Follow-up appointment and continuing support always available. Small group classes via zoom are scheduled either: Thursdays 10-12:30 June 11 & 18 or Saturdays 2:30-5 June 13 &20. If neither of these is possible for you, please contact us for other dates &times. For more information please email info@SelfRealizationCentreMichigan.org.

Neuroscience of Mindfulness & Compassion Meditation: Experiential Workshop to Ease Anxiety with Jewel Heart • June 20 • 10 a.m • This day-long experiential workshop will provide instruction and experiential practice in several mindfulness and compassion practices shown to be effective for worry, self-criticism, and depressive rumination. It will also provide a comprehensive and current explanation of the neuroscience of mindfulness and compassion meditation that is accessible and understandable. For more information visit the Jewel Heart website, or email programs@jewelheart.org.

Walk with Wisdom Virtual Retreat (1 Day) with Jenna Stoliker • June 20 • 8:15 a.m • Are you longing for a bit of insight, clarity, or deeper meaning about a challenging or complex situation? If you have a challenging problem to solve, if it's urgent that things change and change fast, you won't figure it out by rushing to a solution or working on it between daily tasks, meetings and emails. The Walk with Wisdom Virtual Retreat offers an alternative way to gather the insight you need when you're faced with navigating a challenging situation. For more information email jenna@jennastoliker.com or visit her online.

Sound Bath Meditation

Open Heart: Sound Bath Meditation with Rob Meyer-Kukan • June 18 • 7 p.m • As we prepare for the summer solstice, this sound bath meditation will assist you in opening your heart as we enter the new season. Hear the beautiful words of an Apache blessing, combined with the soothing tones of crystal bowls, Himalayan bowls, gong, chimes, and more. This Facebook Live will take place in the feed of Meyer-Kukan's Facebook page. More more information contact Rob Meyer-Kukan at rob@robmeyerkukan.com.

Virtual Meditation, Yoga, and Martial Arts

JissoJi Zen - Half-day retreat • June 14 • 10 a.m • Meditate with a group of Zen practitioners for the morning, closing with chanting and informal check-in, all from the comfort of your home. Zoom link via phone or computer. For more information email Marta Dabis at JissoJiZen@gmail.com or visit them online.

What's Up in Our Community

The Crazy Wisdom staff has missed seeing and interacting with many of you during our period of quarantine and we wondered what you were up to—so we asked!!

David Stouffer is a certified Healing Touch practitioner and a Biofield Therapy Specialist. You can learn more about his practice online at symmetrybiofield.com.

We've been under stay-at-home orders for more weeks than I'd like to count. How have you changed or pivoted your business to stay relevant?

Like everyone else, I've taken my business online to offer personalized sessions and classes. It has definitely taken me out of my comfort zone but it is important for me to continue to raise awareness about the complementary benefits of biofield therapies. Look for my free class on chakras in the CW weekly calendar on page 11!

What daily habit have you acquired during quarantine that you'd like to continue?

I've definitely been getting outside more to explore new parks and trails. I find that getting away for a walk really helps me stay balanced and grounded. It's really easy for me to drift into the spiritual zone, so to speak, and grounding is a good way for me to stay present. (See our article about Hidden Gems—Parks you might not know about in the Weekly Issue #7!)

What is the first thing you want to do that you haven't been able to do in quarantine?

I'm definitely starving for human contact. I mean, I get a lot of contact with my immediate family but I miss meeting new people and talking about life. I would love to give everyone I see on the street a hug, but that probably wouldn't go over very well, LOL.

What guilty pleasure did you indulge in while staying home?

I have to admit I have been indulging in Playstation 4 video games with my son. He is a real master so we like to battle it out a few times a week—after he completes his class assignments, of course.

What do you believe is the most fascinating aspect that you've witnessed during the covid pandemic crisis?

I definitely noticed a lot of personal realization going on in people, including myself. What I mean is that we all had external daily routines like work, traffic, school, sports, meetings, Starbucks, and others that kept us preoccupied and distracted from ourselves. Now that these distractions are gone, we are forced to notice our own imbalances. This means a lot of pain, stress, anxiety, and insecurity is coming to the surface. All in all, it is a blessing to see these things so that we can finally deal with them, move on, and grow physically, mentally, emotionally, and spiritually.

What do you recommend people do in order to deal with these personal imbalances?

It depends upon the person and their personal process of healing. It is usually a physical, emotional, mental, or spiritual injury that they need to change. A good start is to go for a few long walks in nature to help ground and gain courage. Then it is important to speak with someone that can help sort out the related issue. For instance, a physical therapist for a physical injury that hasn't healed, or a behavioral psychologist for an emotional issue that you need help figuring out. It's all about using this down-time to start making that change that you have been avoiding. If we use this time wisely to make those lemons into lemonade, then we'll all come out on the other side with a renewed sense of well-being.

COMFORT FOOD

Cottage Cheese Pancakes

Adapted by Angelas Madaras

Ingredients:
6 eggs, separated
2 cups small-curd cottage cheese
2/3 cup flour
2 Tbs. sugar
1 tsp. salt
dash of cinnamon
3/8 tsp. cream of tartar
oil or butter for frying

Garnish: Sour cream, preserves, honey, apple butter, or powdered sugar

Beat together the egg yolk, cottage cheese, flour, sugar, salt, and a sprinkle of cinnamon.

In another bowl beat the egg whites with the cream of tartar until they are stiff but not dry. Fold the beaten whites gently into the cheese mixture.

Drop the battter by large spoonfuls onto an oiled griddle or skillet. Fry the pancakes until golden brown on both sides and puffy. Serve at once with sour cream, preserves, honey, apple butter, or powdered sugar.

Serves four generously.

Local Music and Online Concerts!

Jo Serrapere

Earthwork Collective artist, Jo Serrapere (sarah-pear), a songwriter from Detroit, Michigan, started playing guitar at 23 when seeking out lessons from Delta Blues guitarist, Shari Kane.

Shortly thereafter, Jo began writing her own songs while completing her college studies in clinical psychology.

Whether recreating old classic songs or performing original songs in her own deeply confessional and comic styles, Jo's music stands original while always reflecting her love of American roots music. Her eclectic writing and performance fuses elements of various modern and traditional folk music, Delta and electric blues, roots rock, classic and alt-country, garage rock surf and swing.

To learn more about Jo Serrapere visit her online.

Developing a Morning Form

By Austeen Freeman

Let me start this by saying I hated doing yoga in the morning. I would run away from morning yoga schedules whenever I could. I was so stiff and could barely access some of the poses I could do in the afternoon. I always thought my morning practice should look like my afternoon practice.

Since the quarantine, I've been showing up twice a day on my yoga mat, and I am discovering myself in an incredibly new way. What I want to share with you is my morning form. It's crazy to me that I have a morning practice, I never thought I would, I always said, "morning yoga isn't for me." The morning has become this place where I do my self-care, some days it's foot massages, some days it's planks, some days it's long stretches and holds, some days it's writing, some days it's anger, and some days I don't even know what it is.

This practice lasts between five and 30 minutes each morning. My second practice is usually in the afternoon and lasts between 30-45 minutes. It's so freeing to just show up to your mat and then decide what your practice is going to look like based on your internal landscape that day. I have released the idea that it needs to be a certain thing or look a certain way. I'm so happy that I have truly let the idea of what it "should be" drop away.

I have rekindled my relationship with my mat. I know all things have cycles, and the last four months have been what feels like to me, a "winter" with my own practice, only showing up a few times a week, lacking creativity, doing the same poses and shapes. It feels good to take a breath of fresh air into spring and step directly into my Tapas.

I'm so thankful for the creation of this routine. Each morning I feel out the tensions that came from the dream world, I take some deep rooting breaths, and before I begin building my day, I move through intuitive motion. Now remember what I said at the beginning of this article, I hated doing yoga in the morning.

After I realized that I needed to drop the expectations of a morning practice, really tune into my own body, and let each morning be different and just show up even for five minutes, I fell in love with this time with my body. I can hear it whisper, "not today" or "yes, more please", and it changes my entire day when I take this time. I definitely start off on the right foot. My morning form has become just that, a form of love and honor to myself. If I can create one, I know that you can too (if you so wish). Not everything is for everybody, so take what resonates with you and leave the rest.

If you are wanting to build a more consistent morning practice or would like to dedicate more time to YOU… Here are the tools I used.

- Make your mat REALLY accessible, have it out of the bag and place it by your designated 'time for you' space
- Designate a space for yourself (mine is the kitchen/dining room wood floor for my morning form)
- Incorporate it into your morning schedule, (I head to practice right after I brush my teeth and before breakfast)
- Create a playlist of songs for your practice (I have many, depending on my mood)
- Create a ritual of how you would like to open your practice space (light a candle, mantra work, prayer, or gratitude)
- Create a ritual of how you want to symbolize the of end your practice (stillness, breath work, mantra, writing, reflection, or dance)

To me it's so important to symbolize the beginning and end of my practice. It helps me fully arrive at my mat. Instead of rushing into movement, I take a pause to mindfully enter my morning form time and exit out of it, to continue on with my day. Your practice doesn't have to look like anything other than what you need it to.

Yoga is not about touching your toes.
It is what you learn on the way down.
— Jigar Gor

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